



National Nutrient Database for Standard Reference

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Statistics Report 09181, Melons, cantaloupe, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4 5 6 7	g	90.15	30	0.312	88.11	92.86	6.0	89.39	90.917	7	Analytical or derived from analytical	--	12/2002
Energy	kcal	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Energy	kJ	141	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Protein 1 2 3	g	0.84	17	0.030	0.6	1	2.0	0.708	0.963	3	Analytical or derived from analytical	--	12/2002
Total lipid (fat) 1 2 3 4 5	g	0.19	21	0.036	0.08	0.32	4.0	0.093	0.292	5	Analytical or derived from analytical	--	12/2002
Ash 1 2 3	g	0.65	17	0.039	0.45	0.9	2.0	0.488	0.822	3	Analytical or derived from analytical	--	12/2002
Carbohydrate, by difference	g	8.16	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fiber, total dietary 1 2 3	g	0.9	18	0.112	0.6	1.6	2.0	0.415	1.382	3	Analytical or derived from analytical	--	12/2002
Sugars, total	g	7.86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 2 3 6 7	g	4.35	14	0.666	1.57	8.08	3.0	2.236	6.473	4	Analytical or derived from analytical	--	12/2002
Glucose (dextrose) 2 3 6 7	g	1.54	14	0.322	0.55	2.89	3.0	0.514	2.562	4	Analytical or derived from analytical	--	12/2002
Fructose 2 3 6 7	g	1.87	14	0.304	0.91	3	3.0	0.905	2.843	4	Analytical or derived from analytical	--	12/2002
Lactose 2 3	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Maltose 2 3 6	g	0.04	11	0.020	0	0.2	2.0	-0.047	0.123	3	Analytical or derived from analytical	--	12/2002
Galactose 2 3	g	0.06	8	0.004	0	0.13	3.0	0.044	0.068	2	Analytical or derived from analytical	--	12/2002
Starch 3	g	0.03	4	0.025	0	0.1	3.0	-0.055	0.105	1	Analytical or derived from analytical	--	12/2002
Minerals													
Calcium, Ca 1 2 3 8 9 10 11 12 13 14 15 16 17 18 19	mg	9	54	0.757	5	18	14.0	7.862	11.111	15	Analytical or derived from analytical	--	12/2002
Iron, Fe 1 2 3 8 9 10 11 12 13 14 15 16 17 18 19	mg	0.21	54	0.022	0.07	0.64	14.0	0.162	0.258	15	Analytical or derived from analytical	--	12/2002
Magnesium, Mg 1 2 3 8 9 10 11 12 13 14 15 16 17 18 19	mg	12	54	0.430	7	18	14.0	10.731	12.574	15	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 2 3 9 10 11 12 13 14 15 16 17 18 19	mg	15	53	0.742	8	25	13.0	13.414	16.618	14	Analytical or derived from analytical	--	12/2002
Potassium, K 1 2 3 8 9 10 11 12 13 14 15 16 17 18 19	mg	267	54	10.242	112	420	14.0	245.374	289.306	15	Analytical or derived from analytical	--	05/2003
Sodium, Na 1 2 8 9 10 11 12 13 14 15 16 17 18 19	mg	16	50	1.243	5	44	13.0	12.98	18.351	14	Analytical or derived from analytical	--	05/2003
Zinc, Zn 1 2 3 8 9 10 11 12 13 14 15 16 17 18 19	mg	0.18	53	0.018	0.07	0.37	14.0	0.137	0.214	15	Analytical or derived from analytical	--	12/2002
Copper, Cu 1 2 3 8 9 10 11 12 13 14 15 16 17 18 19	mg	0.041	54	0.009	0	0.2	14.0	0.023	0.059	15	Analytical or derived from analytical	--	12/2002
Manganese, Mn 1 2 3 8 9 10 11 12 13 14 15 16 17 18 19	mg	0.041	54	0.002	0	0.07	14.0	0.036	0.045	15	Analytical or derived from analytical	--	12/2002
Selenium, Se 2	µg	0.4	4	0.055	0.2	0.5	3.0	0.189	0.539	1	Analytical or derived from analytical	--	12/2002
Fluoride, F 20	µg	1.0	9	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	36.7	10	1.384	30.8	40.7	5.0	33.171	40.285	1	Analytical or derived from analytical	--	12/2002
Thiamin 1 2 3	mg	0.041	13	0.009	0.02	0.08	2.0	0.004	0.078	3	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin 2	mg	0.019	4	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	12/2002
Niacin 1 2 3	mg	0.734	18	0.040	0.53	0.89	2.0	0.562	0.905	3	Analytical or derived from analytical	--	12/2002
Pantothenic acid 1 2 3	mg	0.105	13	0.020	0.04	0.16	2.0	0.019	0.19	3	Analytical or derived from analytical	--	12/2002
Vitamin B-6 1 2	mg	0.072	14	0.028	0.03	0.12	1.0	-0.279	0.423	2	Analytical or derived from analytical	--	12/2002
Folate, total 1 2 3	μg	21	17	7.073	7	40	2.0	-9.153	51.709	3	Analytical or derived from analytical	--	12/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	21	17	7.073	7	40	2.0	-9.153	51.709	3	Analytical or derived from analytical	--	05/2006
Folate, DFE	μg	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Choline, total 3	mg	7.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine 3	mg	0.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	169	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2 3 21 22 23 24	µg	2020	52	252.908	1,377	4,712	6.0	1401.35	2639.038	7	Analytical or derived from analytical	--	12/2002
Carotene, alpha 2 3 21 22 24 25	µg	16	42	10.021	0	61	5.0	-9.377	42.14	6	Analytical or derived from analytical	--	12/2002
Cryptoxanthin, beta 2 3 21 24 25	µg	1	21	1.170	0	6	4.0	-2.078	4.418	5	Analytical or derived from analytical	--	12/2002
Vitamin A, IU	IU	3382	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Lycopene 2 3 24 25	µg	0	12	0.000	0	0	--	--	--	4	Analytical or derived from analytical	--	12/2002
Lutein + zeaxanthin 2 3 24 25	µg	26	12	9.999	0	51	3.0	-5.884	57.759	4	Analytical or derived from analytical	--	12/2002
Vitamin E (alpha-tocopherol) 3 4 5	mg	0.05	11	0.007	0.02	0.11	2.0	0.021	0.08	3	Analytical or derived from analytical	--	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 3 4 5	mg	0.00	11	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	12/2002

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Tocopherol, gamma 3 4 5	mg	0.11	11	0.013	0.06	0.13	2.0	0.05	0.16	3	Analytical or derived from analytical	--	12/2002
Tocopherol, delta 3 4 5	mg	0.00	11	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	12/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 2 3	µg	2.5	8	0.304	1.6	4	5.0	1.779	3.313	2	Analytical or derived from analytical	--	12/2002
Lipids													
Fatty acids, total saturated	g	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
12:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
14:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
16:0	g	0.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
18:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fatty acids, total monounsaturated	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fatty acids, total polyunsaturated	g	0.081	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
18:2 undifferentiated	g	0.035	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
18:3 undifferentiated	g	0.046	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Phytosterols	mg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Amino Acids													
Tryptophan ²	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Threonine ²	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine 2	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Leucine 2	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Lysine 2	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Methionine 2	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Cystine 2	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Phenylalanine 2	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Tyrosine 2	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Valine 2	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Arginine 2	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Histidine 2	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine 2	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Aspartic acid 2	g	0.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Glutamic acid 2	g	0.209	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Glycine 2	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Proline 2	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Serine 2	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 27	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Petunidin 27	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 27	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin 27	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin 27	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin 27	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 27 28	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 27	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 27 28	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 27	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 27	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin 27	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 27	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 27	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 27 29 30	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin 27 29 30	mg	0.6	--	0.64	0	2.58	--	--	--	--	--	--	--
Flavonols													
Kaempferol 29 30 31	mg	0.1	--	0.07	0	0.21	--	--	--	--	--	--	--
Myricetin 27 29 30 31	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin 27 29 30 31	mg	0.0	--	0.01	0	0.07	--	--	--	--	--	--	--
Isoflavones													
Daidzein 32 33 34	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Genistein 32 33 34	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Glycitein 34	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 32 33 34	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 26	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 26	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 26	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 26	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 26	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data¹**Produce Marketing Association (PMA) Nutrient Content of Cantaloupe, 1985**²**Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5n, 2001 Beltsville MD**³**Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4e, 2001 Beltsville MD**⁴**Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD**⁵**Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1997, 1997 Beltsville MD**⁶**Nutrient Data Laboratory, ARS, USDA Investigation of the carbohydrate fraction of foods . . . raw, processed and prepared, 1985 Beltsville MD**⁷**Nutrient Data Laboratory, ARS, USDA Variability of the sugar content of foods, 1989 Beltsville MD**⁸**N.J. Miller-Ihli Atomic absorption and atomic emission spectrometry for the determination of the trace element content of selected fruits consumed in the United States, 1996 Journal of Food Composition and Analysis 9 4 pp.301-311**⁹**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995**¹⁰**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996**¹¹**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997**¹²**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1998**¹³**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1999**¹⁴**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991**¹⁵**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992**¹⁶**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1989**¹⁷**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1990**¹⁸**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993**¹⁹**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994**²⁰**Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion**²¹**J L Bureau, R J Bushway HPLC determination of carotenoids in fruits and vegetables in the United States, 1986 J Food Sci 52 pp.128-130**²²**R J Bushway, A Yang, A M Yamani Comparison of alpha- and beta-carotene content of supermarket versus roadside stand produce, 1987 J Food Qual 9 pp.437-443**²³**T Philip, T S Chen Development of a method for the quantitative estimation of provitamin A carotenoids in some fruits., 1988 J. Food Science 53 pp.1703-1707**²⁴**National Institutes of Health (NIH) Carotenoid analyses of U.S. foods, Food Composition Laboratory, 1997**²⁵**F Khachik, G R Beecher, W R Lusby Separation, identification and quantification of the major carotenoids in extracts of apricots, peaches, cantaloupe, and pink grapefruit by liquid chromatography, 1989 J Agric Food Chem 37 pp.1465-1473**²⁶**Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521**²⁷**Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. Flavonoid content of U.S. fruits, vegetables, and nuts, 2006 J. Agric. Food Chem. 54 pp.9966-9977**²⁸**Tsanova-Savova, S., Ribarova, F., and Gerova, M. (+)-Catechin and (-)-Epicatechin in Bulgarian fruits., 2005 J. Food Comp. Anal. 18 pp.691-698**²⁹**Lugasi, A. and Hovari, J. Flavonoid glycosides in foods of plant origin II. Fresh and dried fruits., 2002 Acta Alimentaria 31 1 pp.63-71**³⁰**Sampson, L., Rimm, E., Hollman, P.C.H., de Vries, J.H.M., and Katan, M.B. Flavonol and flavone intakes in US health professionals, 2002 J. Am. Diet. Assoc. 102 10 pp.1414-1420**³¹**Kevers, C., Falkowski, M., Tabart, J., Defraigne, J.-O., Dommes, J., and Pincemail, J. Evolution of antioxidant capacity during storage of selected fruits and vegetables, 2007 J. Agric. Food Chem. 55 pp.8596-8603**³²**Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States),, 2000 Cancer Causes and Control 11 pp.289-298**³³**Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331**³⁴**Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan., 2006 Nutr. Cancer 54 pp.184-201**